

# Disorganized Attachment sebagai Mediator antara Hubungan Pengalaman Masa Kecil yang Buruk dan Resolusi Konflik Destruktif = Disorganized Attachment as Mediator between Adverse Childhood Experience and Destructive Conflict Resolution

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## Abstrak

Penelitian sebelumnya menemukan bahwa pengalaman masa kecil yang buruk dapat berdampak terhadap penggunaan strategi resolusi konflik destruktif dalam hubungan romantis seseorang. Akan tetapi, belum banyak literatur yang menjelaskan mekanisme antara kedua variabel tersebut. Penelitian ini menguji peran disorganized attachment sebagai mediator antara kedua variabel. Partisipan dalam penelitian ini berjumlah 172 orang yang memiliki rentang usia 18-25 tahun yang pernah mengalami pengalaman masa kecil yang buruk dan sedang menjalin hubungan romantis selama minimal 6 bulan. Penelitian ini menggunakan Conflict Resolution Strategy Inventory untuk mengukur strategi resolusi konflik destruktif yang terdiri dari 2 dimensi yaitu conflict engagement dan withdrawal, Childhood Trauma Questionnaire Short Form untuk mengukur pengalaman masa kecil yang buruk, dan Adult Disorganized Attachment untuk mengukur disorganized attachment. Melalui analisis mediasi ditemukan bahwa disorganized attachment secara signifikan memediasi hubungan antara pengalaman masa kecil yang buruk dan resolusi konflik destruktif, baik conflict engagement  $ab_1 = 0,009$ ,  $SE = 0,005$ , 95% CI [0,0014, 0,0223] dan withdrawal  $ab_2 = 0,0095$ ,  $SE = 0,0051$ , 95% CI 0,002, 0,022. Semakin buruk pengalaman masa kecil yang dialami oleh partisipan, maka semakin tinggi tingkat disorganized attachment, yang kemudian mempengaruhi penggunaan resolusi konflik destruktif, baik conflict engagement maupun withdrawal. Diskusi dan saran penelitian dibahas di bagian akhir.

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Previous research has found that adverse childhood experiences ACEs are related to destructive conflict resolution style in emerging adult romantic relationships. However, the pathway between the two variables has not been widely studied. This study aimed to examine the role of disorganized attachment as mediator between the two variables. Participants of this study consisted of 172 individuals with experiences of childhood maltreatment, whose ages ranged between 18-25 years and were currently in a relationship for at least 6 months. The Conflict Resolution Strategy Inventory was used to measure destructive conflict resolution which consisted of two dimensions: conflict engagement and withdrawal, the Childhood Trauma Questionnaire Short Form was used to measure ACEs, and Adult Disorganized Attachment was used to measure disorganized attachment. Mediation analysis results showed that disorganized attachment significantly mediated the relationship between ACEs and destructive conflict resolution, for both conflict engagement  $ab_1 = 0,009$ ,  $SE = 0,005$ , 95% CI [0,0014, 0,0223 and withdrawal  $ab_2 = 0,0095$ ,  $SE = 0,0051$ , 95% CI 0,002, 0,022]. Higher levels ACEs were related to higher disorganized attachment, which in turn was associated with usage of destructive conflict resolution, both conflict engagement and withdrawal. Discussion and suggestion are discussed at the end of the paper.